

LIFE *is* ALL ABOUT BALANCE

CLASS DETAILS

Dates:	Thursday 10:30 a.m. November 3, 10, 17 December 1, 8, 15
Duration:	45 minutes
Level:	All skill levels
Benefits:	Improve balance, strengthen ankle, knee and hip joints as well as reactionary skills



Stay strong and balanced in our new **SilverSneakers Stability class!**

See back for details